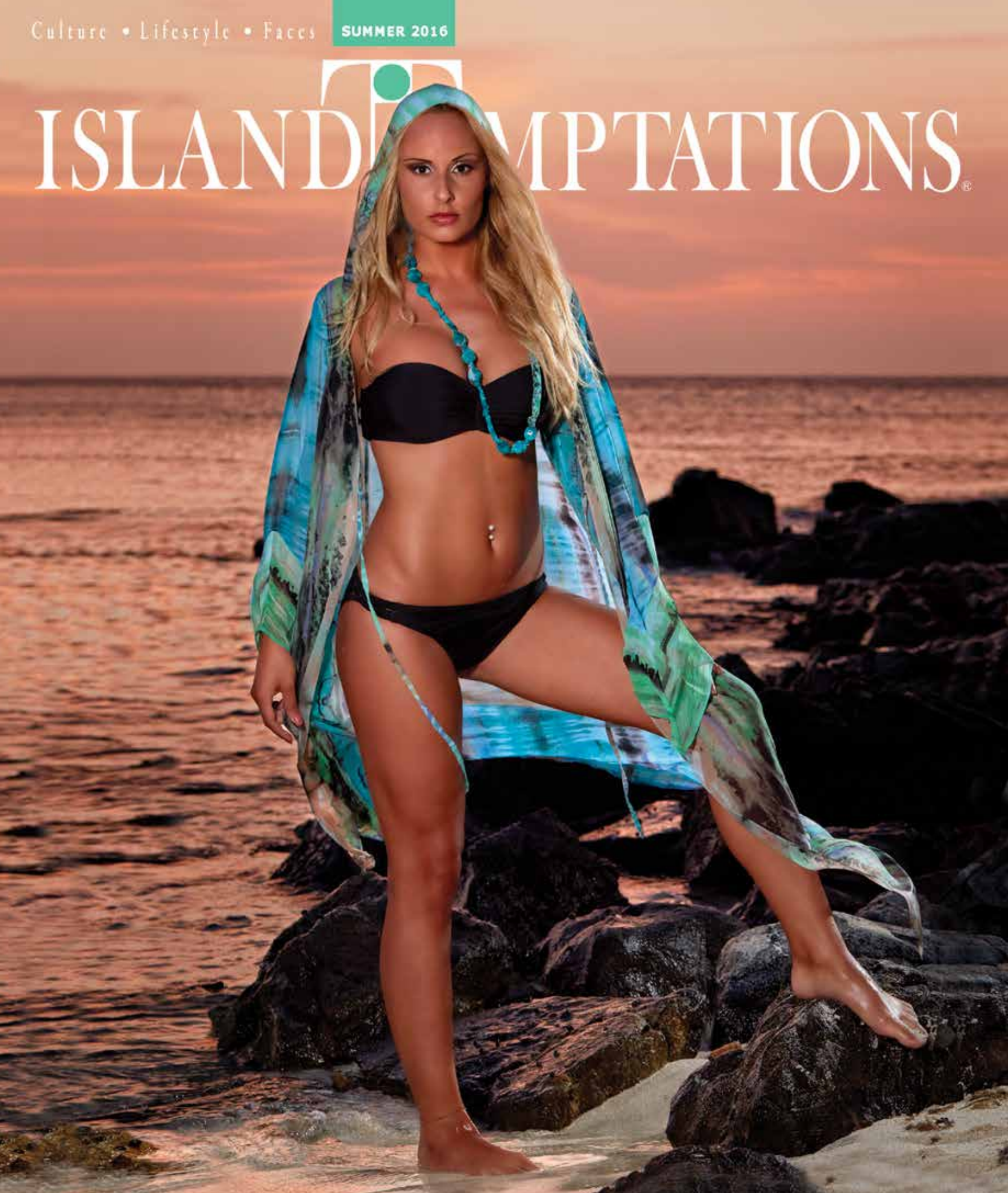


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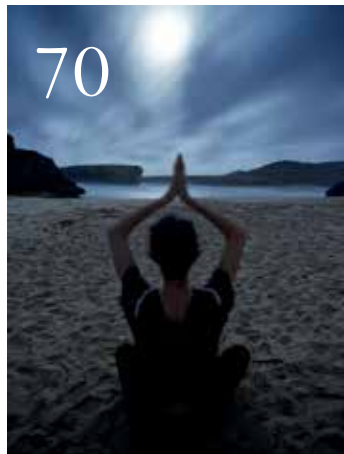
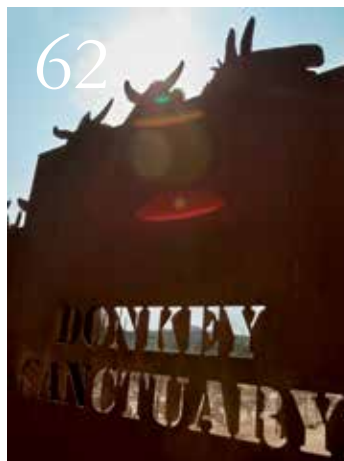
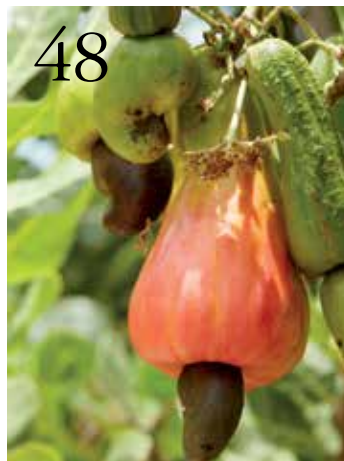
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# Island Temptations

A promise to our readers

Our crew is dedicated to going beyond beaches to bring our readers the sights, sounds, and tastes of Aruba. Each edition will contain fresh features and photography spotlighting the local personalities that make this island such a remarkable corner of the world.

Our writers will continue to peel back the cultural layers and introduce you to the talented artists, musicians, chefs, and everyday folk who make Aruba “One Happy Island” and a place you will want to return to again and again.

*The Island Temptations Crew*

## Our Front COVER

Cover model Indy Bastemeijer sports a cover-up by local fashion designer Gigliola Gomez. Photographed seaside at Arashi Beach by Steve Keith. Hair and makeup by Andy Mendez for The Spa at Tierra del Sol.



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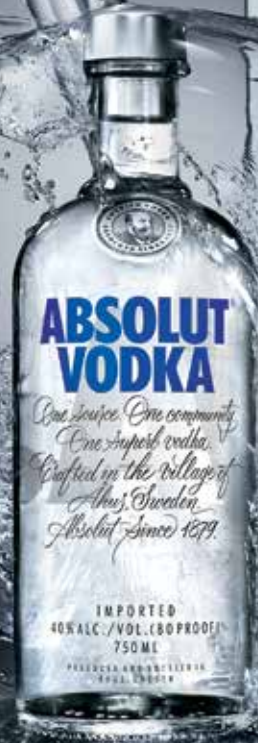
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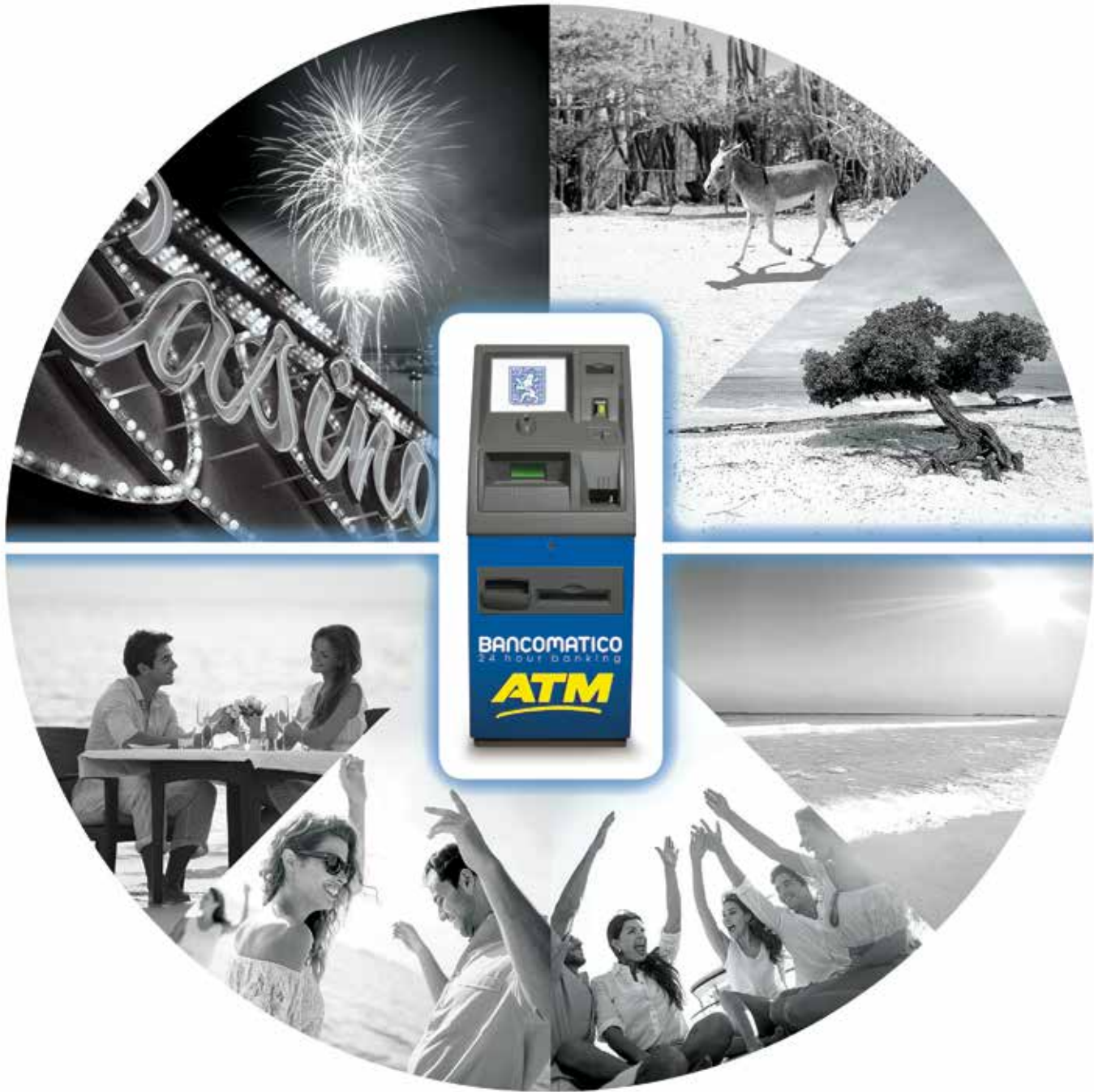


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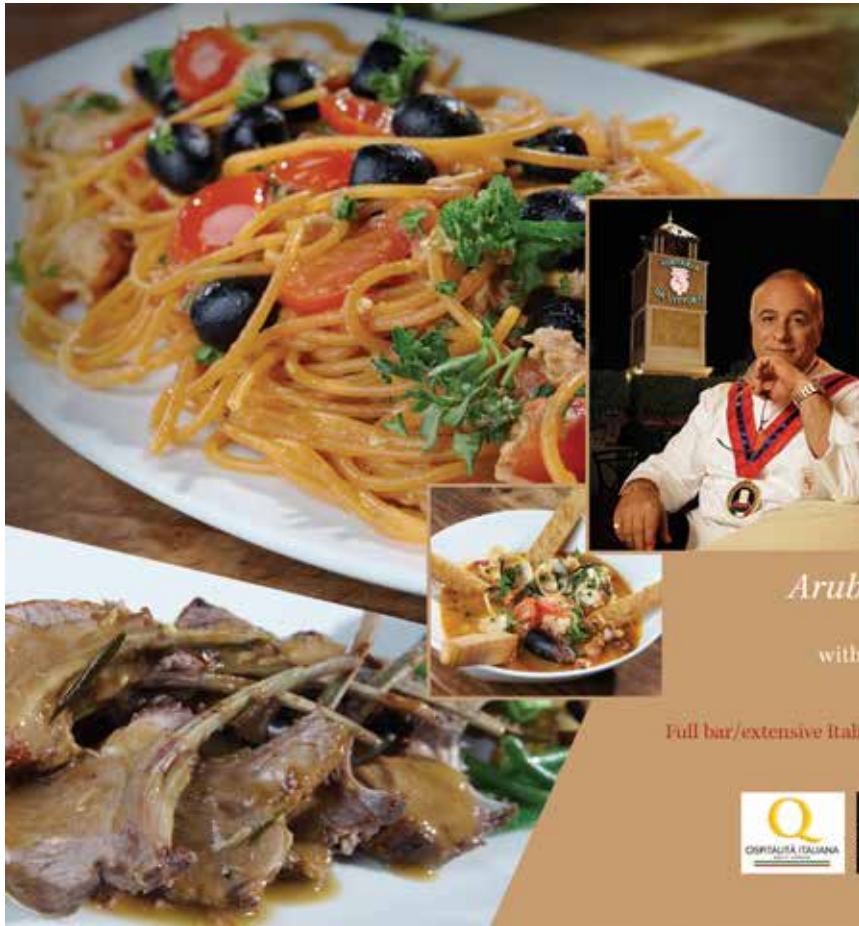
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# Fashion Island

*Designer: Ronchi de Cuba  
Hair & Makeup: Bruce Stamper  
Location: Private seaside home*

Photography by Steve Keith

**T**he sun is shining brightly—as it always does on Aruba. But a storm of fashion creativity is brewing, with homegrown designers showering a gamut of original couture on the island. Three clothing designers were challenged to share their latest assemblages on the pages of Island Temptations. We gave them full creative reign, allowing them to choose their models, hair & makeup, and locations, and oversee the art direction for their shoots. The designers selected some of their accessories from local designers as well.

Fashion veteran Ronchi de Cuba glams it up with four haute couture pieces that would make any woman the belle of the ball. Newcomer Christopher Marvin Martha shares a unique perspective of modern silhouettes that is a bit of indie meets urban meets island chic. Fashion maven Gigliola Gomez brings her signature feminine style to the beach with a colorful flow of billowy cover-ups. 



*Designer: Ronchi de Cuba  
Hair & Makeup: Bruce Stamper  
Location: Private seaside home*



*Designer: Ronchi de Cuba  
Hair & Makeup: Bruce Stamper  
Location: Private seaside home*



*Designer: Ronchi de Cuba  
Accessories: Upcycled Designs clutch purse  
Hair & makeup: Bruce Stamper  
Location: Private seaside home*

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*Designer: Christopher Marvin Martha  
Accessories: Jewelry by ARZU,  
purse by Christopher Marvin Martha  
Hair & Makeup: Georgie Reyes  
for The Stars Hair Studio by Georgie  
Location: San Nicolas*






*Designer: Christopher Marvin Martha  
Accessories: Belt & purse  
by Upcycled Designs  
Hair & Makeup: Georgie Reyes  
for The Stars Hair Studio by Georgie  
Location: San Nicolas*





*Designer: Christopher Marvin Martha  
Accessories: Jewelry and clutch  
by Upcycled Designs  
Hair & Makeup: Georgie Reyes  
for The Stars Hair Studio by Georgie  
Location: San Nicolas*



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*Designer: Gigliola Gomez  
Hair & Makeup: Andy Mendez  
for The Spa at Tierra del Sol  
Location: Arasbi Beach*





*Designer: Gigliola Gomez  
Hair & Makeup: Andy Mendez  
for The Spa at Tierra del Sol  
Location: Arasbi Beach*



*Designer: Gigliola Gomez  
Hair & Makeup: Andy Mendez  
for The Spa at Tierra del Sol  
Location: Arashi Beach*





*Designer: Gigliola Gomez  
Beach Tote: Tangerine  
Hair & Makeup: Andy Mendez  
for The Spa at Tierra del Sol  
Location: Arashi Beach*



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*Designer: Gigliola Gomez  
Hair & Makeup: Andy Mendez  
for The Spa at Tierra del Sol  
Location: Arashi Beach*



*Designer: Gigliola Gomez  
Hair & Makeup: Andy Mendez  
for The Spa at Tierra del Sol  
Location: Arashi Beach*



# About Our Local Designers

Text by Tina Causey-Bislick and Debbie Kunder



## Christopher Marvin Martha

Christopher is the new kid on the block, but what a splash he is making! The 23-year-old dipped his toe into the fashion world a few years ago while working as a merchandiser at local clothing retailer, Dianleri Boutique, as well as attending workshops with Ateliers '89, a local art- and fashion-focused school. At Dianleri, he met one of his best friends, Angelo Trimon, who later went on to start his own fashion-oriented magazine, *Express*. Angelo asked Christopher to join his team as stylist, art director, and editor, giving Christopher the opportunity to further polish his innate ability to partner style, color, and originality with his fashion looks. Always sketching ideas since he was a kid, Christopher began actualizing his designs by creating original collections for local beauty pageants a couple of years ago. His original designs are also worn by local island celebrities. Christopher's looks created for *Island Temptations* are compositions of chic edginess with bold colors, combining classic lines tempered with a wink at the whimsical.

Christopher can currently be found at the Burberry store at Renaissance Mall, where he works as the visual merchandiser



## Gigliola Lopez

Gigliola celebrates the bliss of island life with her carefree designs. Billowy layers of sheer fabrics are constructed to flatteringly fall in all the right places. From swimsuit cover-ups to sundresses and stunning evening wear, Gigliola's designs reflect a style defined by the colors and inspirations she comes across in her daily life in the Caribbean.

Beginning her career in fashion as a model in haute couture and commercial modeling at 17 years old, she moved on to become a personal stylist. In 2005, she launched her own label, Gigliola Designs, and has enjoyed many benchmark moments, including designing gifts for Queen Beatrix of the Netherlands and her daughter-in-law, Maxima, in 2012, as well as being chosen as exclusive designer for Miss Teen Aruba in 2013 and Miss World Curacao in 2014. In 2015, Gigliola presented a collection during Mercedes-Benz Fashion Week in Amsterdam. This past May, one of her designs, the "Fire Red" dress, was auctioned off at a fundraising event during the National Lesbian & Gay Journalists Association's 21st annual New York benefit, Headlines & Headliners. Some of her collections can be found at Coconuts by De Palm, and she can be contacted directly at [corporate@giglioladesigns.com](mailto:corporate@giglioladesigns.com).



## Ronchi de Cuba

Aruba's fashion veteran, Ronchi de Cuba, has been finding a way to bring style into his world since the age of eight, making clothes out of bed sheets and towels. In 1989, he and some friends produced their own show, which proved to be a defining moment for him—fashion is what he wanted to do. The designer studied at the International Fine Arts College in the U.S., creating his first wearable collection for the then Miss Aruba, Dyane Escalona, in 1992 while still in school.

Ronchi's milestones are many, including two clothing labels—the RONCHI DE CUBA label, launched in 1993, which features high-end collections, and SOLO BY RONCHI, launched in 2006, featuring affordable fashions.

Ronchi's prowess in creating designs that are completely unique from collection to collection comes from his vast array of inspirations—from a song or a great movie to a woman dancing or flowers in nature, it's all about the vibe and energy that resonate in his creative bones.

While Ronchi is thankful for many special moments, personally and professionally, some of his hallmark career moments include meeting Gianni Versace; garnering great reviews from international press for his "Sun Soaked Twilight" collection; and having his multi-brand retail and trend shop, TRASH by RONCHI, named by *USA Today* on its "10 Best of Aruba" list. Ronchi's collections can be seen at TRASH by RONCHI, located at #8 Sibelius Street.



## Candy Rasmijn-Reino

Colombian-born/Aruban-raised Candy Rasmijn-Reino started making her own jewelry as a hobby, but seeing how well others took to her pieces, Candy realized that this hobby of hers could be something much more. Today, this marketing, events, and PR manager at Paseo Herencia Mall in Palm Beach moonlights as the owner of her own handmade jewelry line, ARZU.

Candy brings great attention to detail, passion, and inventiveness to her craft, designing vintage as well as contemporary pieces in a wide range of textures and colors. She uses a variety of high-quality materials—sterling-silver and gold-plated thread, leather, precious and semiprecious stones, freshwater pearls, and zirconium—to create rings, bracelets, earrings, and necklaces. Her pieces are downright bold and make strong statements—the wearers of her pieces will certainly get noticed. In fact, Candy refers to her ARZU collection as "wearable art." Much of what Candy creates is greatly influenced by the sights and sounds of the island, and all of her pieces are intended to bring happiness. In Candy's own words, "I believe happy girls are the prettiest girls." ARZU pieces are available through ARZU Aruba's Facebook page as well as Candy's new blog, [www.enloszapatosdeunamujer.com](http://www.enloszapatosdeunamujer.com), a platform where she empowers women to find their passion in the family, society, and culture.

## Ashlin Ahlip

Ashlin Ahlip grew up in a family of seamstresses and upholsterers, but his own first foray into sewing wasn't until he was 26. For years, his grandmother had been sewing his pants from scratch to accommodate his short stature, and Ashlin decided he should learn how to do it himself. So his grandmother taught him the family trade and bequeathed a sewing machine to him. A year later, Ashlin went to Wooden Boat School in Maine to take a course in canvas sewing, and he immediately fell in love with the art of traditional canvas work. While all the other students busied themselves making canvas cushions for sailboats, Ash turned out his first collection of canvas bags, giving birth to the Tangerine brand.

Today, Tangerine is a two-man operation, with Ashlin working alongside his best friend, Mario Briezen, Jr. The two turn out handcrafted, sturdy canvas bags and accessories, including the Now Pouch, the Dopp Kit (toiletry bag), and their signature We The Beach People Tote Bag. According to Ash, "With each handmade bag, I strive to create a piece of quality craftsmanship and



timeless style. All my bags are deeply influenced by traditional nautical styling and the colors of Aruba." Tangerine items are available at Bula Surf Shop, Cosecha (a retail gallery that offers Aruban



*This image provided by Cado de Lannoy*

crafts), the Ostrich Farm, and the Korteweg pop-up arts and crafts market, and will soon be available at several resorts.



## Carina Molina

Born and raised in Argentina, Carina Molina began her artistic journey at age five under the tutelage of her mother. Since then, she has dabbled in a wide variety of artistic endeavors, such as creating semiprecious stone jewelry, papier-mâché sculptures, colorful wooden mirrors, and mixed media canvases. But the endeavor that has garnered her the most attention is her environmentally responsible Upcycled Designs line, founded in 2012. Carina explains, "My husband had been helping our friend change the tires on her motorcycle. The discarded flat tires were just lying around, and rather than throw them away, I decided to try and do something with

them." So she set about repurposing the inner tubing of the flat tires into bags and accessories, which became an instant hit.

Since 2012, Upcycled Designs has grown into a full line of chic bags, clutches, belts, necklaces, barrettes, rings, key chains, and home accents. Creative add-ons and unexpected details turn her accessories into conversation pieces. Today, Carina's Upcycled Designs collection can be found at Cosecha. She is also currently focusing on canvas painting, especially after the well-received exposition she did last year at The Ritz-Carlton. Keep your eyes peeled for developments on this front!

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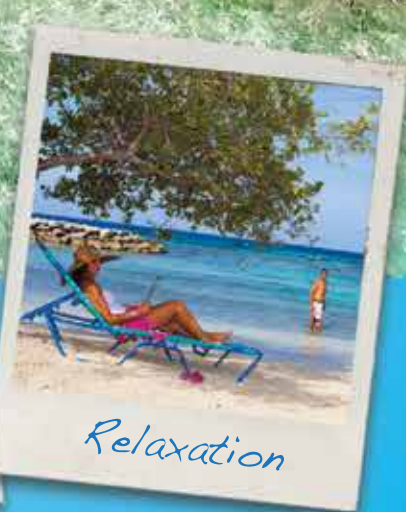
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Entering its third decade, Tierra del Sol Resort & Golf has been under new ownership and management for more than a year, with a mandate to propel the property to even greater heights.

### The 18-Hole Championship Golf Course

This masterfully sculpted 18-hole course is now under the management of Troon, the world's largest golf management company, based out of Scottsdale, Arizona, and overseeing more than 250 courses in 27 countries. Described by *Golf Digest* as playing Scotland, Arizona, and the Caribbean all in one round, this desert links course combines the elements of wind, sea, and earth to provide a truly exhilarating experience for golfers of all levels.

### The Restaurant at Tierra del Sol

A vacation on Aruba is not complete without a dining experience at the island's famed clubhouse restaurant. Breathtaking vistas of the championship course, the historic California Lighthouse, and the dramatic northwest coast of the island can be enjoyed inside the stylishly designed restaurant or outside on the veranda.

An award-winning culinary team produces a wide range of international cuisine. The lunch menu offers fresh and inventive salads, homemade soups, sandwiches and wraps, and main courses. Dinner tempts diners with an array of premium steaks, chops, and fresh seafood, as well as vegetarian options. The à la carte Sunday brunch is a local favorite...who can resist brunch with such breathtaking views?

### The Spa at Tierra del Sol

The island's premier, full-service day spa is located within the lush surroundings of Tierra del Sol Resort & Golf. Head-to-toe indulgences are offered in this 5,000-square-foot sanctuary to nourish your body, revitalize your mind, and enhance your well-being like never before. A vast array of calming and healing



spa treatments is offered, including a full menu of massages, body wraps, skin and body treatments, aromatherapies, hydrotherapy, manicures, and pedicures.

For a romantic touch, enjoy the luxurious couples' suite with a massage and treatment room, private locker, and bath for two. A state-of-the-art fitness facility is also located at The Spa, with inspiring floor-to-ceiling views, and a full-service salon is located upstairs.

### Vacation Rentals and Home Ownership

The gated community within Tierra del Sol Resort & Golf is carefully planned to harmoniously blend

with nature's setting, with each villa and home strategically placed for dynamic panoramas. Cacti, aloe, kwihi trees, and the endearing divi-divis provide a striking backdrop for the fairways. The serene aqua waters of the west coast and the drama of the rugged north coast are both visible throughout the resort.

Villas, condominiums, and homes are available through the vacation rental program, or make Tierra del Sol your home away from home by purchasing an existing property, or customize your dream home in one of the neighborhoods currently under development. ¶

*For further information on Tierra del Sol Resort & Golf, visit its website at [www.tierradelosol.com](http://www.tierradelosol.com).*

# Getting Your Five a Day...in Aruba?



Photography by Steve Keith  
Text by Debbie Kunder

Aruba...we all know it as that tiny Caribbean island, where the sun is always shining and refreshing breezes are always blowing. We know it as the perfect destination for gorgeous blond beaches that hug crystalline turquoise waters; a mecca of great restaurants, shopping, and watersports; and home to friendly, accommodating locals. We also tend to think of Aruba as a barren desert island where nothing grows except for cacti, aloes, and acacias. Locally grown fruits and vegetables? Unthinkable! This conception is perpetuated by sources like Wikipedia, which puts forth that “Unlike much of the Caribbean region, Aruba has a dry climate and an arid, cactus-strewn landscape.” But let’s just cut to the chase here—this conception is a misconception.

In the 13 years that I have lived in Aruba, I’ve enjoyed coconuts and local cherries from my own backyard, as well as plenty of mangoes that have fortuitously fallen into my yard from my neighbor’s tree. (These are not your insipid, supermarket-variety mangoes—although somewhat fibrous, they are aromatic and flavorful.) I have also enjoyed snapping off a tamarind pod here and there from the tamarind tree growing wild in the park close to my

house, delighting in its sweet-and-sour pulp. I’ve been given gifts of bunches of quenepa fruit, whose thin, tight skins are so satisfying to pierce. And my little papillon serves as the “Johnny Almondseed” of the neighborhood, picking up an almond fruit that has fallen from our almond tree at the beginning of each walk, and then absentmindedly leaving it at a neighbor’s gate in order to yap at another dog three times his size.

But I’m just a mere immigrant...what do I really know? To get the real scoop, I started with a visit to Santa Rosa, home of Aruba’s Department of Agriculture, Husbandry, and Fisheries. There, horticulturalist Tilo Damian took a trip down memory lane as he described to me the various edibles he would pilfer as a youngster from people’s yards on his walk home from school, including quenepa, guava, pomegranate, soursop, and purple mombin. He then helped me track down THE expert on the different fruits growing naturally in Aruba—96-year-old Isaac Chin. Born in Guyana and raised in Trinidad, Isaac grew up among fruit trees; in fact, fruits were part of his survival. When he moved to Aruba in his later years, he surrounded himself with a wide variety of fruit trees on his little

plot of land in Balashi, enabling him to relive his cherished boyhood. (Although Isaac no longer has as many fruit trees as he once had, his land still produces mangoes, rose apples, medlars, guavas, jujubes, purple mombins, sweet tamarind fruits, quenepas, and sugar apples.)

In time, Isaac became an expert on local fruits, writing Aruba’s first real catalog of fruits on the island, *Galaxy of Fruits Aruba Grows*. That misconception that Aruba is a sterile hunk of land? Isaac emphatically blows it out of the water, documenting about 50 different fruits that grow here. Isaac also wrote the book to “reawaken consciousness of a charming feature of Aruba which is fast disappearing”—namely, the picking, eating, and enjoyment of these “backyard” fruits. In the spirit of Isaac’s mission, I profiled a handful of Aruba’s fruits (and one veggie), and to keep things interesting, I chose fruits that are less familiar to us North Americans. Some of them even tout some rather impressive health benefits. (Perhaps we should start a list of Aruba’s “superfoods!”) One thing’s for sure—if you get the chance to try them while vacationing on this not-so-barren island, please do! Isaac would certainly approve.



### Quenepa or Spanish Lime (*Kenepa*)

The first time I tried a quenepa (*kenepa*) in Aruba, I was reminded of the lychees that I ate by the bag in Thailand. In fact, the fruit is often described as a cross between a lychee and a lime. The traditional way to eat a quenepa is to bite into the brittle skin to separate the fruit from its covering; then pop the fruit in your mouth and work the sweet, juicy, jelly-like pulp off the seed. This process of eating the quenepa is almost as enjoyable as the fruit itself. Unfortunately, picking bunches of quenepa from the tree isn’t so easy, since the tree can reach as high as 30 meters. A ladder may be in order! As for health benefits, quenepa contains vitamins A and C, calcium, phosphorus, tryptophan, and lysine.

## Aruba Cherry (*Shimarucu*)

The Aruba cherry, also called the Barbados cherry and the West Indian cherry, is known locally as the shimarucu. It is very different from the cherries you buy at the grocery store. Some people find the shimarucu to be too sour, but I love the juicy, soft, sweetish-tart flesh. After I found out that one single shimarucu packs the minimum daily requirement of Vitamin C, I started popping these little vitamin bombs like candy, grabbing a handful each time I passed the bush that grows rather happily in my yard. The shimarucu does have a pithy center, but you can just spit it out.



## Noni

According to Isaac, noni trees can be found in the backyards of many locals. Indeed, our editor in chief has a noni on her property. When I asked her what it tastes like, she simply replied, “Yuck.” Ok, so why would anyone eat this yucky fruit? Well, it turns out noni is touted as an amazing cure-all for a limitless number of ailments. I’m personally a bit dubious about such sweeping health claims, but I’m sure we could all benefit from the whopping doses of potassium, iron, calcium, and antioxidants (including vitamin C) that noni delivers. Most commonly, noni is turned into juice, either raw or fermented. This juice can be perfectly disguised in a glass of some other (more palatable) juice!



## Moringa (*Merengue*)

Have you heard of moringa yet? If not, you will soon—it’s the newest “superfood” (move aside, kale). Back home, you might have seen it sold in stores as a supplement or powder (so it can be mixed into smoothies, for example), but here in Aruba, moringa (merengue) grows wild—all over the place! The leaves are the most nutritious part of the plant, containing 9 essential amino acids, 27 vitamins, 46 antioxidants, and many minerals. Gram for gram, it has two times the protein in yogurt, four times the vitamin A of carrots, three times the potassium of bananas, four times the calcium of milk, and seven times the vitamin C of oranges. My best friend in Aruba has a moringa tree at her school, and she and her students eat the moringa leaves straight from the tree. “They taste like peanuts,” she informs. You can also put the leaves in a salad or cook them as you would spinach. In some countries, the pods are eaten, usually stewed or curried.





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### Purple Mombin (*Makapruim*)

In Aruba, the purple mombin is known as the makapruim. The yellow flesh of the fruit is crunchy, somewhat dry, and semisweet. The ripe fruits are commonly eaten out-of-hand, with or without the skin. They can also be stewed whole with sugar and consumed as a dessert or made into preserves. Note that the variety sold in supermarkets in Aruba hails from Venezuela.



### Sea Grape (*Druifi di Laman*)

Wind-resistant and highly tolerant of salt, the sea grape (*druifi di laman*) plant is ideally suited for Aruba. The grapes grow in beautiful bunches, turning deep purple when ripe. Tasty and sweet (with a little sour), they can be eaten directly from the plant, but I hope you're not too hungry, because the pit takes up most of the fruit's volume. The fruits can also be made into jellies and jams or fermented into sea grape wine. In Aruba, local vintner Vincente Kock makes wine from his own sea grapes, bottling it under the label *Vino Vince*.



### Mispel

My first mispel came from the tree in my friend's yard. She had been using them in her morning smoothies. I decided to do the same, but not before trying some straight. Cutting into the sandpapery skin revealed a soft and juicy light-brown flesh. I quite enjoyed the grainy texture, which mimics that of a ripe pear. The flavor is also pear-like, perhaps a bit more malty. As for the level of sweetness? Off the charts! Yes, it was even a bit too sweet for my (very) sweet tooth, but it turned out to be the perfect natural sweetener for my smoothie (and a natural laxative!).



Interestingly, the sap from the mispel tree's bark is used in making chewing gum. When an unripe fruit is picked, this white sap is released from the stem. A fully ripened fruit has saggy skin and does not release this sap when picked.

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**Cashew (*Casbo*)**

The first time I saw a cashew (*casbo*) “fruit” in Aruba, my mind was blown. *That’s where a cashew nut comes from?!?!?* The pear-shaped upper part, which is attached to the stalk, is known as the cashew apple. High in vitamin C, it’s refreshing and juicy, although a bit astringent, leaving a furry feeling in your mouth. It’s often squeezed to make a juice. Interestingly, the cashew apple is not the actual fruit of the cashew tree. The true fruit of the tree is the boxing-glove-shaped drupe that grows at the end of the cashew apple. Inside of the drupe is the cashew seed—what we commonly call the cashew nut. Even more interesting is that the seed is surrounded by a double shell containing anacardic acid. This means that if you try shelling a raw cashew, you’re going to get a nasty burn. Roasting is the preferred method to destroy the toxin before the nut is shelled.



*This image provided by Santa Rosa*

**Soursop (*Sorsaka*)**

I first became acquainted with this fruit when I was learning Papiamentu (Aruba’s native language) from a little textbook. According to the book, sorsaka was the local name for soursop. I remember thinking,

*what the heck is soursop?* Soursop is a fruit that looks like a green, prickly mango and has white, juicy, soft, tart flesh. I rather like the taste description provided by Wikipedia: “The flavor has been described as a combination of strawberry and pineapple, with sour citrus flavor notes contrasting with an underlying creamy flavor reminiscent of coconut or banana.” It is reported that soursop is a natural cancer killer, 10,000

times stronger than chemotherapy, although this claim has not been proven. Isaac recommends making it into a smoothie or juice with milk and sugar rather than eating it raw. ¶

*I’d like to thank Isaac Chin for allowing me to use his beautiful book in the writing of this article. I hope that I have done justice to his mission of encouraging people to try and enjoy Aruba’s “backyard” fruits.*



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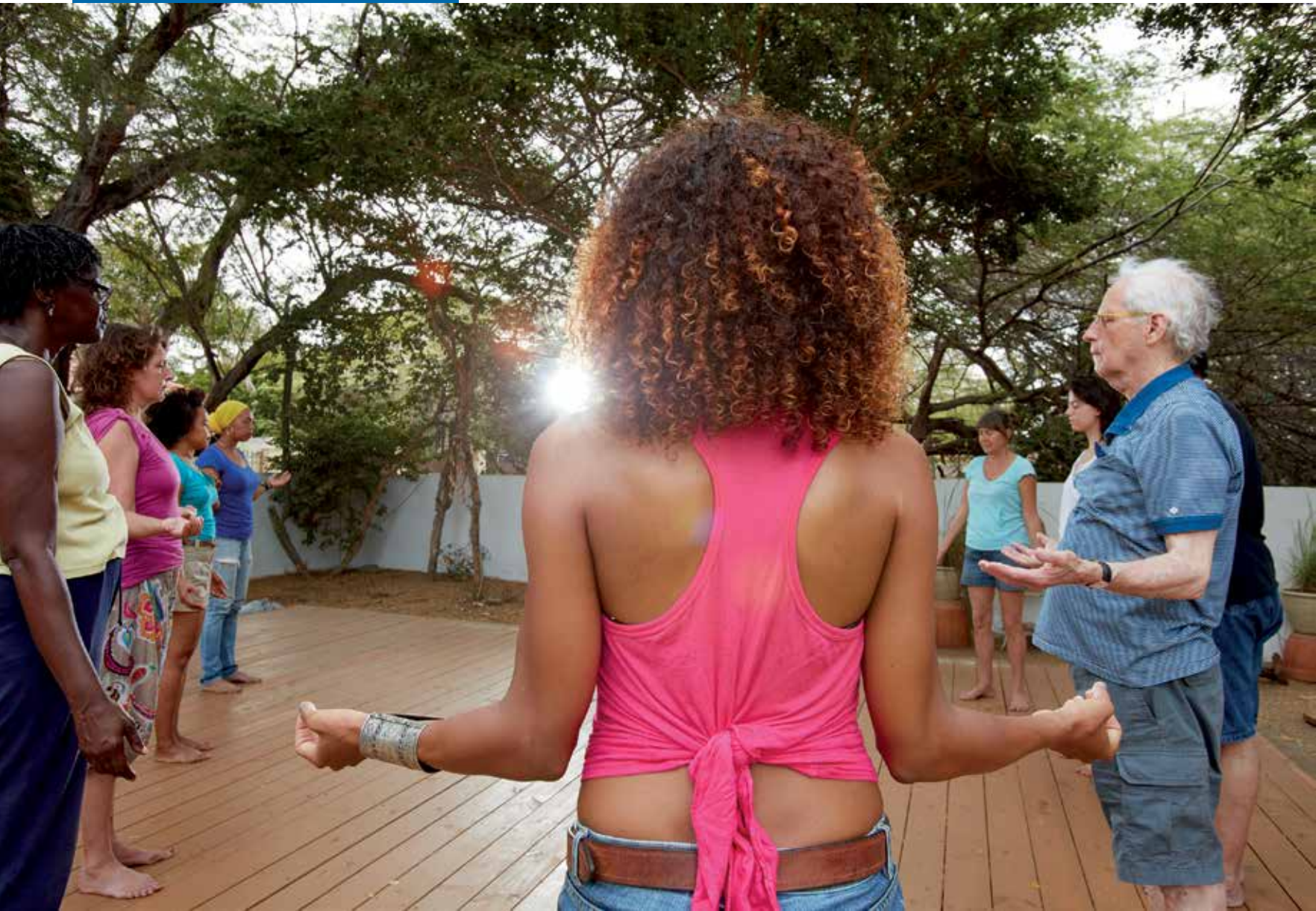
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# ART for the SOUL

Photography by Steve Keith  
Text by Kyara Keith

# T

here's something very special about taking a few hours to just focus inward, to disconnect from things that demand constant attention and distract from the simple joys in life. Soul Art uses a blend of meditation, yoga, and art to grant us access to the deep places of our psyche and consciousness that inspire creative ideas while simultaneously offering us tools that can be used to express new insights gained through meditation. Simply put, Soul Art offers a way to reconnect with ourselves in a creative and healing way.

I had the opportunity to join a Soul Art class myself. We arrived at Prana, a yoga and healing arts center where the Soul Art workshop was being hosted. As we walked in, we were welcomed by the sight of a beautiful Caribbean garden. The area was surrounded by lush trees, making the space feel disconnected from the stresses of the rest of the world. The garden was certainly enchanting on its own, but the unequivocal focal point was the monumental cactus encompassed by lively greenery at the center of the space. We couldn't help but marvel at the regality of Mother Nature when standing near a living thing so big and us so small.

The tranquility of the garden created the perfect ambience for the stand-up meditation. We walked to a wooden platform, where we gathered to form a circle. We each took a deep breath and closed our eyes. The purpose of the workshop was to meditate on self-love and what that meant to each of us individually. However, we were welcome to choose our own thoughts and ideas to meditate on. The class was led by celebrated local artist Vanessa Paulina, whose paintings have been exhibited in galleries around the world. In addition to being an autodidactic artist, she is a designer and an illustrator. She guided us through the meditation, leading us first through ways of being centered and in tune with the world around us. There's a curious duality born when focusing the mind on uncovering things deep within ourselves while simultaneously being attentive and sensitive to our surroundings: for example, being hyperaware of the slow expansion and compression of the lungs and tasting the air as it goes in and out of the mouth



while also noticing nuances and complexities in thoughts and emotions unseen and overlooked before. This peculiar consciousness serves to provide a feeling of balance and peace within the body and mind. It is a grounding experience that helps to release the creativity masked by the distractions and commotion of life.

After meditation, we were left with clear thoughts and feelings about what we wanted to create. We walked over to our painting tables and sat under the shade of the trees. With the sun filtering in through the leaves and the wind playing in the branches, we painted. The environment was very warm and friendly. There was laughter, tea, coffee, and chocolate. Nearly two hours later, Vanessa asked us all to present our paintings. Each of us was open to sharing what our piece meant to us, resulting in meaningful discussions and a collection of interesting perspectives on life.

With warm good-byes and promises to come back, I left feeling more perceptive and sensitive to the world around me. It was a positive and enlightening experience I would love to be a part of again. I would recommend Soul Art to anyone open to this deep and wonderful experience. If you wish to participate in Soul Art or other yoga classes offered by Prana, please call (297) 661-8133 or 588-2882. Prana is also available by email at [info@pranaaruba.com](mailto:info@pranaaruba.com). 🙏





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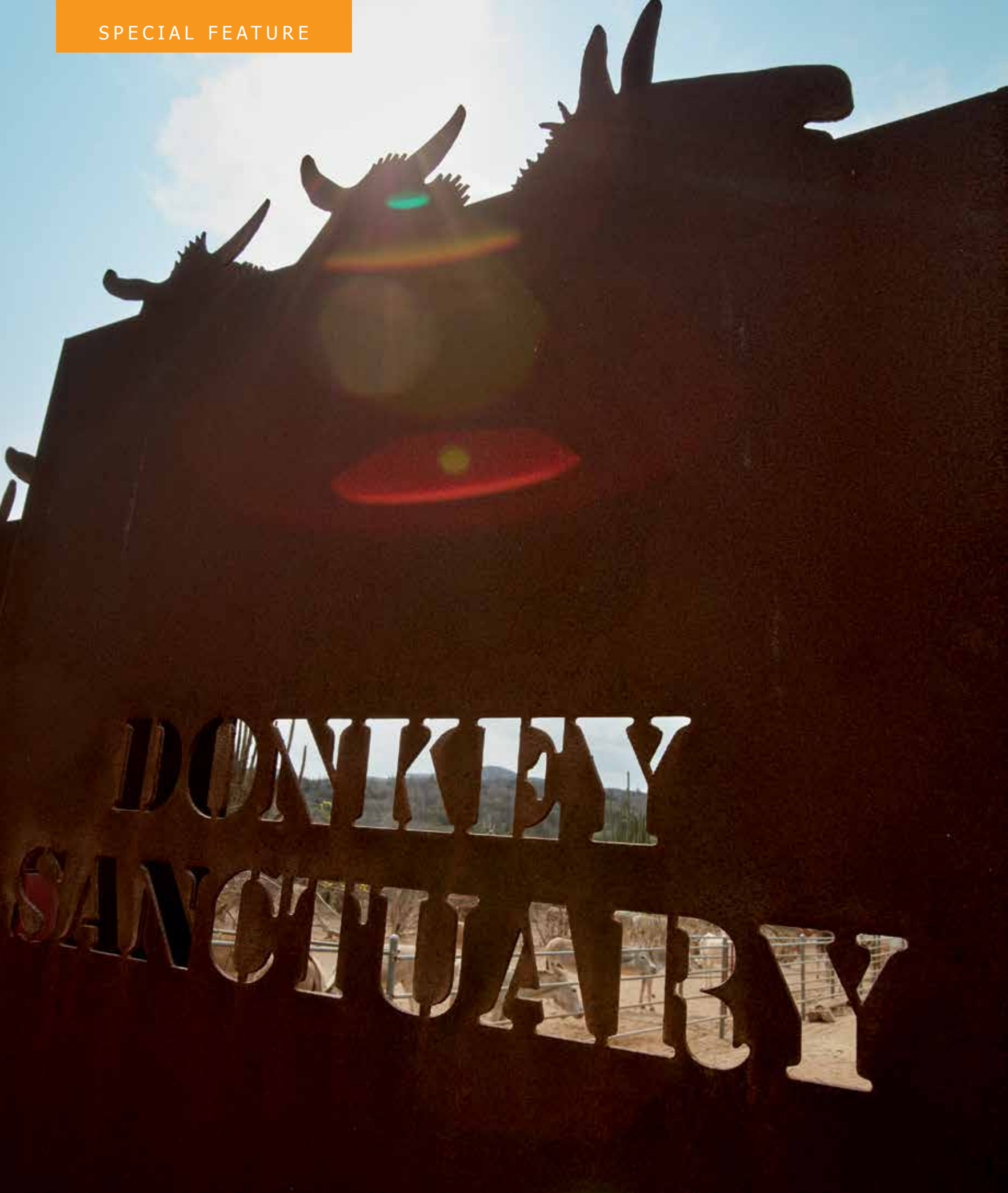
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SPECIAL FEATURE



DONKEY

SANCTUARY



Photography by Steve Keith  
Text by Thalia Guest

# NEW DIGS FOR THE DONKEYS

**D**onkeys have been a part of Aruba's culture for the past 500 years. Before Aruba was introduced to cars, donkeys were the islanders' leading form of transportation. Once cars became commonplace, however, donkeys were no longer perceived as a necessity, and were essentially left to wander.

Malnourishment, disease, disappearing natural habitat, and systematic attrition reduced the donkey population from an estimated 1,400 at the turn of

the 20th century to only 20 in the early 1970s.

With the local donkey population nearly decimated, a non-profit organization was founded in 1997 as the Donkey Sanctuary with the sole purpose of saving and caring for the donkeys on the island. It is now estimated that there may be close to 200 donkeys on the island, with just over 130 at the sanctuary.

After 19 years of being located in the Santa Lucia area, in April 2016, the Donkey Sanctuary

relocated to a new, spacious location in Bringamosa. Surrounded by Aruba's natural landscape, the new location in Bringamosa provides plenty of space for the sanctuary's donkeys to roam freely. Desiree Eldering, the Donkey Sanctuary's managing director, who actually housed and cared for donkeys in her backyard due to the previous location's lack of space, has worked diligently on making this new location a true home for the donkeys as well as an attractive venue for visitors and volunteers alike. In the words





of Ms. Eldering, the goals of the Donkey Sanctuary are to “rescue, protect, prevent, and preserve.” The Donkey Sanctuary strives to provide the donkeys with a peaceful habitat where they are loved and cared for.

The Donkey Sanctuary is open daily, from 9 am - 4 pm, and is completely dependent on help from volunteers. Admission is free, and all are welcome and encouraged to stop by for a visit or even lend a helping hand by feeding and cleaning. Spending the day at the Donkey Sanctuary is also the perfect family activity, as tours are available, and everyone can have the opportunity to feed, play with, and pet the friendly, multicolored donkeys. Enjoy a refreshing beverage while overlooking the donkeys and the rugged cacti-filled landscape at the temporary Visitor's Center. A permanent Visitor's Center will be constructed soon thanks companies like by De Palm Tours, who bring tourists to the sanctuary and give a monthly donation to assist with the financial upkeep of the facility. ¶

*\*For donation information, visit the website at <http://main.arubandonkey.org/portall>*







# KEEPIN' IT CLEAN!

Photography by Steve Keith  
Text by Tina Causey-Bislick

In recent months, I have noticed a movement. It's a movement driven by an impressive collection of self-starting locals who have the ability to look at Aruba through a critical lens as well as a loving, nurturing lens. The island's current prime minister has set a mandate to make Aruba "green" by 2020, and several government initiatives are attached to that. But as the saying goes, "If you want something done right, do it yourself." Indeed, there is much work to be done that goes beyond mega-million-dollar projects like harnessing solar and wind power. Simply put, we need to clean up our mess!

For years, the private and public sectors have organized coastal cleanup projects, including the Aruba Hotel & Tourism Association's (AHATA) Sponsor-A-Mile and the Aruba Reef Care Project, as well as other beach cleanup projects held throughout the year. These are all worthy projects that bring awareness and action to keep two of our greatest resources—our beaches and reefs—clean. However, many other areas, especially in the interior neighborhoods, suffer from an abundance of trash thoughtlessly dumped there by individuals—many of whom live in that very neighborhood. And it happens every day, over and over again. Several months ago, locals Tatiana Becker, Dorilis Werleman, Maartje Dolging, and Manou Becker launched a grassroots movement, Popup Cleanup, to address the neglected areas of the island that have been subjected to years of illegal dumping of trash—from neighborhoods to the “mondi”

(uninhabited countryside). Gathering together a group of like-minded, enthusiastic friends, the first installment of Popup Cleanup was held on March 27 in the area of Seroe Biento. The group of seven embarked on a mission to bag up as much trash as they could over the span of a few hours.

The task can seem daunting and overwhelming—where to begin, where to end and call it a day, how to keep this from happening over and over again. Tatiana explains that it's about deepening the island's social consciousness through social media. “Not only do we want to show other locals what we are doing and encourage others to volunteer with us, but we also want them to see that we are cleaning their neighborhoods up. It's not that we want to shame them; we just want to show that if we care, you should too. If we hold each other accountable, we can make a big difference and enjoy this island's natural beauty without tainting it with our trash.”



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The social media angle works—they caught my attention when images of that first cleanup appeared on my news feed on Facebook. And they caught the attention of others in our community—many others! For the first cleanup in Seroe Biento, there were just seven volunteers and two sponsors—AHATA's environmental committee and FX Sports Aruba. Images from the initial cleanup were shared on Facebook and Instagram, prompting more sponsors to jump on the cleanup wagon, as well as eliciting support from another volunteer organization, Fundacion Aruba Limpi. Each cleanup (held every few weeks and promoted on Facebook) has seen more volunteers—including children—and additional sponsors.

That movement I mentioned? Popup Cleanup is joined by several other grassroots initiatives hungry to feed the community's social consciousness about protecting our flora, fauna, coastline, reefs, and sea life through both awareness campaigns and actionable projects. There is plenty to be done—we can all be a part of the solution! 🌿





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# Rise with the

# Maan

Photography by Steve Keith  
Text by Debbie Kunder

**P**rana Yoga & Meditation Center became Aruba's first yoga center when it opened in 2005. Since then, the center has primarily served the local community with a wide range of yoga classes, treatments, health counseling programs, and community events. About a year ago, however, invited by the Aruba Tourism Authority to showcase its health and wellness offerings on Aruba.com, Prana launched a special program specifically tailored for island visitors, called the Island Guest Program. Through this program, Prana invites island guests to join in on local yoga classes and experiences.

I recently had the pleasure of participating in one of the key experiences of the program—Moonrise Yoga. The experience is still in its infancy—it's only been offered a few times so far—but going forward, it will be offered four times a year, always at a new location on the island and always on a full moon. This time, the experience took place at Boca Keto, a secluded north-coast beach located a stone's throw away from the Natural Pool. Boca Keto is especially remarkable for the impressive limestone outcrop standing in the center of the cove, parting the waves as they rush in. The beach exudes a magic that made it the perfect setting for Moonrise Yoga.

Our group of about 30—comprised of both locals and island visitors—met at Rancho Daimari to make the 20-minute coastal trek by foot to Boca Keto. We arrived at Boca Keto just as twilight was transitioning to night and settled into the sand, facing the breathtaking beauty of this gem of a beach. Singer and jewelry artist Amany kicked off the experience by singing a mantra. Local Qi Gong teacher Sofie Slegers then led the group through a series of gentle, rhythmic exercises next to the water, inviting us to play with energy through movement. And that's when it happened—the orange ball of the full moon rose, ever so slowly, over Boca Keto,





with the wind blowing fiercely, the spray from the ocean tickling our skin, all of us sharing this moment together.

According to Shanti Augusta, owner of Prana, “The goal of the Moonrise Yoga experience is to come together to share passion for life, nature, beauty, and communion. I love the idea of having community events where people can connect with nature and each other while doing something healthy together. The experience always includes the elements—the wind, the earth, the moon, the water. It’s really yoga in nature. It’s really therapeutic.”

It was with this intention of connecting with nature that Shanti then led the group in a yoga flow inspired by the moon cycle. It was a gentle flow—suitable for any age and any yoga level. It wasn’t even so much about the physical postures, but rather the connection to that beautiful moon rising before us. She then asked us all to join hands to create a rainedance circle. “I love community circles,” she later explained. “Peace circles, dance circles, chanting circles...I love the connection.”



Fittingly, the experience closed with a drum circle around the fire. As some made music, others shared tea in the sand while chatting and laughing with one another, enveloped by the rhythm of the waves and drums, the moon and fire providing all the light we needed—here was that connection, and it was pretty special.

Check Prana’s Facebook page (Prana Yoga Aruba) for updates on upcoming Moonrise Yoga evenings. The next one will take place in July at Alto Vista.

The following is a snapshot of the other experiences offered by Prana through its Island Guest Program:

### Yoga Journey

This three-hour tour takes small groups by jeep to “magical” spots along Aruba’s less-traveled north coast, where participants are invited to connect with the natural elements through yoga and meditation. The journey will be led by a certified yoga instructor. Offered every Thursday, from 9 am to 12 pm. Call or email Prana to make a reservation.





### Mindfulness and Sunset Beach Yoga

This sunset yoga session takes place at one of the island's most beautiful, serene beaches, Eagle Beach. The session includes breathing techniques, a short mindful walk on the beach, and gentle stretches that draw from Hatha Yoga, Vinyasa Flow, Dru Yoga, and Quantum Yoga. Offered every Wednesday from 5:30 pm to 6:30 pm opposite La Quinta. No reservation required.

### Prana Pulse Package

This package includes a drop-in yoga class, meditation session, and a treatment of your choice. See Prana's website for a full list of available treatments.

### Self-Heal Package

This package is designed specifically for those suffering from chronic stress/burnout, depression, or anxiety. The package includes three one-on-one sessions (intake & counseling session, meditation class, and Regenesi Treatment) and a yoga class of choice.

### Walk-in Yoga and Meditation Classes at Prana



Monday: Meditation on the Yoga Deck, 7:30-8:30 pm

Wednesday: Relaxing Yoga & Meditation, 7:00-8:15 pm

Thursday: Vinyasa Yoga, 6:30-7:45 pm

Friday: Meditation, 8:00-9:00 am / Power Yoga, 6:30-8:00 pm

### Private Classes

Prana instructors can create a private class personalized just for you. Call or email Prana to make a reservation.  

*Prana Yoga & Meditation Center*

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*Email: [shanti4441@yaboo.com](mailto:shanti4441@yaboo.com) • Website: [www.pranaaruba.com](http://www.pranaaruba.com)*

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 The Casino Aruba.

Photography by Steve Keith  
Text by Tina Causey-Bislick

# A Sisterhood of ENTREPRENEURSHIP





**I**t was a Friday night and I had an appointment with three teenage girls. Most teenagers are either out for the evening or on their way out the door shortly on a typical Friday night. But these are not your typical teenagers. These three young ladies are business owners, and when it comes to their business, they are ALL business. Valeria, Daniela, and Valentina are sisters who have their own company, VADAVAS, selling handcrafted accessories created with a social conscience.



## SPECIAL FEATURE

Meeting them for the first time in their workshop, located adjacent to the family home, I was warmly welcomed into their hub of creativity and energy. Amidst the colorful rows of beads and gems, inspirational quotes and messages serve as reminders to the sisters to free their minds, nourish their souls, and create with love.

VADAVAS is a name derived by combining the first two letters of the sisters' names and the first letter in the name of their younger brother, Sebastian. The brand features collections of handmade accessories, with each unique piece designed by the sisters. At the crux of VADAVAS is creating products with social responsibility. According to survey and consumer research company Nielsen, "Global consumers are willing to put their money where their heart is when it comes to goods and services from companies committed to social responsibility." The study, conducted in 2014, goes on to summarize that today, more than ever, consumers are inclined to purchase products that either positively impact the environment or meaningfully impact their communities. VADAVAS employs single mothers who craft the sisters' designs by hand.


The single mothers are part of a foundation called Women Opportunity International Foundation, founded by the sisters' mom, Diana Biemans-Gomez. The moms pick up the designs and the materials, having the flexibility to work from home at their own pace and convenience. "My mom was once a very young single mom. She was discouraged by people in her community in Colombia from trying to raise us on her own," shares Valeria. "But she was determined to prove them wrong and worked hard to build a life for me, my sisters, and our younger brother," she adds.



*VADAVAS employs single mothers who craft the sisters' designs by hand. The single mothers are part of a foundation called Women Opportunity International Foundation, founded by the sisters' mom, Diana Biemans-Gomez.*





VADAVAS accessories are made with natural fabrics and stones, freshwater pearls, Swarovski crystals, and Czech gemstones. The collections include necklaces, earrings, bracelets, foot jewelry and barefoot sandals, headbands, elastic tiaras, and hair accessories. The sisters have three retail locations—one at Paseo Herencia Mall; another at The Ritz-Carlton, Aruba Boutique; and a third at The Village Mall, across from the Hilton Aruba Caribbean Resort & Casino. Keep up with the latest collections on their Facebook page at Vadavas Jewelry, Accessories & More. 

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# Ha'Bon Soaps





Photography by Steve Keith  
Text by Tina Causey-Bislick



**A**ruban native Naline Heilbron turned what was originally a vacation in Colombia into a life-changing adventure. A visit to an Indian preserve in the South American country introduced Naline to the resourcefulness of the people there. “My encounter with the natives was an eye-opening one—they only rely on the land around them,” explains Naline. The visit prompted Naline to return to Colombia to learn more about holistic forms of therapy. Once Naline researched mass-produced brand cosmetics and the added chemical and artificial ingredients that companies use in these products as well as the animal testing many of those companies use, she was determined to treat her body and the environment better. “The only way to make sure that what I am putting on my skin is all-natural was to make my own soap,” she says.



## SPECIAL FEATURE

Naline studied a cold process for making soap, utilizing ingredients found in her garden at home. Initially, she shared her craft with friends and family, but as demand for her moisturizing and freshly scented soaps grew, Naline embarked on a new venture, Ha'Bon, in July of 2015. The brand's name is a fun play on words in Papiamentu: while "habon" means "soap," the brand name also highlights the word "bon," which means "good."

Within a few months, Bucuti & Tara Beach Resorts, the island's Green Globe Certified property, contracted Naline to produce Ha'Bon soaps for their guest rooms, followed by Divi Resorts. The increase in demand prompted Naline to extend the positive scope of Ha'Bon by enlisting the services of two local foundations to help with the wrapping of the soaps: Trampoline pa Trabou ("a trampoline to work"), which prepares people with limitations for work, and Funari, a foundation for the handicapped. She also works with students from the local vocational school, EPB, providing on-the-job guidance and training to help them in the workforce.

Naline is adamant about leaving as little of a footprint on the environment as possible. Bucuti and Divi resorts save the leftover scraps of soap from their guest rooms. The scraps are then hygienically reprocessed and recycled into new soaps that are donated to various community organizations and foundations.

Ha'Bon's product line is growing, and now includes candles and candle holders. The holders are made from the wood of the native Kwihî tree here on the island. If you are not a guest of Bucuti or Divi resorts, you can find Naline's handcrafted products at local gift shops, including De Palm's Coconuts, Island Breeze at Reina Beatrix International Airport, De Wit & Van Dorp Stores, and the sundry shop at Divi Village Resort. ¶



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# The Blue Block Project


Photography by Tina Causey-Bislick  
Text by Thalia Guest

Aruba's white, sandy dunes and beaches are amongst the most treasured features of the island's spectacular natural landscape. As off-roading has recently become increasingly more popular and recreational on the island, it came to the attention of three local friends, Patrick Beke, Cado de Lannoy, and Ashlin Ahlip, that this activity actually puts Aruba's dunes and beaches at serious risk of destruction.

In an effort to preserve the landscape and prevent long-term destruction caused by Jeeps and quad racers, in March 2016, the trio, along with their sponsor, BULA Surf Shop, launched the Blue Blocks Project, a volunteer initiative uniquely dedicated to protecting the island's dunes and beaches.

The Blue Blocks Project is precisely as its name indicates; messages are written on blue blocks to spread awareness as well as inform locals and tourists alike to respect the natural landscape. Messages read

"Don't Drive on the Dunes," "Don't Drive on the Beach," and "Keep Our Beach Clean." This project is completely sustainable, as all blocks are found in the "mondi," or Aruba's countryside, and are then painted bright blue and yellow. The blue and yellow blocks not only blend in naturally with the Caribbean colors, but they are still clearly distinguishable as well.

At present, Beke, de Lannoy, Ahlip, and the many volunteers that this conservation project has attracted have placed blue blocks at 17 different locations on the island from the north end to the south end, including the island's off-roading hotspots, and they have said that there are still more to come! To follow this creative initiative or to find out how to get involved, follow Blue Blocks Aruba on Facebook! 



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# It's sea turtle and nesting season

Images provided by Turtugaruba  
Text by Tina Causey-Bislick

All sea turtles are endangered worldwide, and Aruba's shores have become a favorite nesting place for the Leatherback, Hawksbill, Green, and Loggerhead species. Fundashon Turtugaruba, established in 2003 and a member of the Wider Caribbean Sea Turtle Conservation Network, is the local foundation that protects the four endangered species of sea turtles nesting on Aruba. These turtles invariably return to their natal beach to lay their eggs, and Turtugaruba volunteers know exactly where to patrol in order to spot, monitor, and protect turtle nests on the island, primarily at Eagle Beach, Boca Grandi, and Arikok National Park, with occasional nests on Palm Beach and Malmok Beach.

Sea turtles begin their nesting season on Aruba in April, and hatching can continue all the way into December. Volunteers comb the beach during the season looking for nesting turtles so the area can be cordoned off and protected. These marked nests are then monitored, especially in the days nearing hatching, to record the number of babies and to safeguard their journey from the beach to the sea. For information on how to assist the organization, email inquiries to [info@turtugaruba.org](mailto:info@turtugaruba.org). Check out the foundation's Facebook page (Turtugaruba Foundation) for updates on current nesting and hatching activities and the continued efforts of the foundation. Here are a few tips from the Sea Turtle Conservancy to help our sea turtles:

- Limit nighttime beach activity during nesting season.
- Keep beach clean of trash, especially balloons, ribbons, and plastic bags.
- Keep beach furniture and toys out of nesting areas.
- Do not disturb sea turtle tracks, eggs, adults, hatchlings, or nest markers.
- Report all incidents of disturbance that you may witness to the appropriate authorities.
- Never use flash photography or flashlights at a nest site. Even lights from cell phones can disturb the hatchlings if they are near the top of the nest.
- Heed instructions from patrol volunteers if you are fortunate enough to witness a nest emergence.



# De Palm Tours renovates iconic shop at the Natural Bridge

One of Aruba's most iconic landmarks is the Natural Bridge, a popular stop on many island tours. In 1970, the Luydens family opened the Thirst Aid Station adjacent to the Natural Bridge, providing parched visitors with refreshments and souvenirs. After two of the original owners passed away, the family turned the keys over to the island's largest tour operator, De Palm Tours.

In an effort to preserve the family legacy and provide visitors with an authentic sense of place, De Palm renovated the space with extra care and detail to give the building a traditional "cunucu" house façade to the tune of one million florins. Inside, visitors will find a variety of refreshments, as well as popular gift items and apparel. Visitors wanting to visit the Natural Bridge can venture there on their own or book one of the many tours offered by De Palm Tours.





# A taste of the real deal with Authentic Aruba

**A**ruba has more than 30 artisanal home industries producing hot sauces, wines, jams, cakes, and a variety of delectable snacks. A local businessman and devout supporter of locally produced goods, Bruce Harms, along with team members Kenneth Giel and Rowald de Graaf, recognized the tourist consumer's growing desire to purchase authentic goods specific to the destination, and has created Authentic Aruba, an umbrella platform to showcase and market these goods.

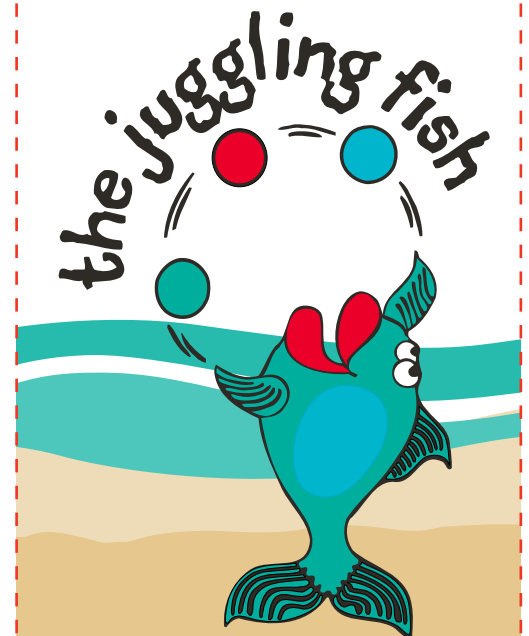
Authentic Aruba has produced display cabinets made locally from discarded palate wood that stock and sell genuine Aruban products. Various restaurants and retail stores are hosting these cabinets, providing ample opportunity for visitors to the island to browse and buy an authentic taste of Aruba.

Authentic Aruba was launched in May at Local Store in Palm Beach. Now, Authentic Aruba displays can also be found at Old Cunucu House and Hollywood Smokehouse.

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# Sunset Grille boasts dynamic makeover



T

he award-winning Sunset Grille at the Hilton Aruba Caribbean Resort & Casino enjoyed a contemporary makeover this past spring. The new décor at the Sunset Grille is themed around fine wine and focuses on genuine reclaimed wooden wine boxes of both rare and popular selections from wine-producing countries around the globe. The stylish wine



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boxes created by the wineries to store and protect their precious cargo all carry unique logos and careful notations of where the wine was produced. Many of these logos are masterpieces of traditional design, endorsed by royalty and cherished as historical documents.

The dining experience at the Sunset Grille is now greatly enhanced by the new color scheme and the elegant furnishings, capturing the imagination of visiting and local wine and food lovers. The tasteful makeover also embraces the layout and seating at Mira Solo Martini Bar, maximizing guests' treetop view of Palm Beach against a backdrop of perfect sunsets.

Chef Coste reports that his American steakhouse menu at the Sunset Grille complements the stylish interior. "We buy the best food on the planet, including premium seafood and superb steaks," he states, "and we prepare it just right in full view of the dining room in our exhibition kitchen."



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# Marriott introduces diners to **Atardi**

# T

he quintessential island dining experience is surely a toes-in-the-sand restaurant with fresh seafood by the sea. Marriott Resort & Stellaris Casino recently opened a new beachside dining experience, Atardi. In the local language of Papiamentu, "atardi" refers to that special time in the late afternoon to early evening when the sun is departing and kissing the horizon with ribbons of rose and amber—and enjoying this setting while overlooking the Caribbean Sea sets the tone for a memorable dining experience.





## NEW ARRIVALS

The culinary team at the Marriott, led by the current reigning Iron Chef of Aruba, Director of F&B Operations Teddy Boranle, has put together a menu of fresh local catches with a contemporary approach, as well as steak and chicken options for the non-seafood eaters.



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A bottle of Malibu Caribbean Rum with Coconut Liqueur stands next to a glass of the drink topped with a pineapple slice and a coconut. A whole coconut and a slice of pineapple are also visible. The background is a teal wooden wall.

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# Menu

# *temptations*

## RESTAURANT GUIDE

On the following pages, a selection of our favorite restaurants & menus

# Menu Temptations

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### Main Attractions

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Taco de carmitas, slow braised pork, cilantro, onion, guacamole, corn tortillas..... **\$14.00**

#### CHEVICHES

Colima ceviche, grouper with lemon juice, red onion, tomatoes, cilantro, serrano chili..... **\$16.00**  
Tuna coriander ceviche, passion fruit, white onion, cilantro, fresh apple..... **\$16.00**

#### QUESADILLAS, served with Tomatillo sauce

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Shrimp, cabbage, chipotle mayo, avocado, Mexican cheeses..... **\$16.00**

**BURRITOS**, consisting of a wheat flour tortilla, wrapped or folded into a cylindrical shape to completely enclose the filling. All served with rice, charro beans, Mexican cheese, topped with queso fundido, lettuce, queso fresco, pico de gallo.

Beef, Chicken, Broken shrimp Acapulco, vegetarian, mixed chicken and beef..... **\$26.00 - \$35.00**

#### FAJITAS

All served with chile poblano, cilantro, onion, peppers, pico de gallo, flour tortilla, guacamole  
Chicken, beef top round, shrimp, mix chicken and beef, season vegetables... **\$26.00 - \$35.00**

#### CAZUELAS, served with rice, charro beans and flour tortillas

Mariscos, half lobster, shrimp, scallops, clams, grouper with chipotle, tomato sauce, sweet peppers, onions, cilantro..... **\$49.00**

#### ANTOJITOS

Empanadas de Carnitas, corn pastries filled, marinated beef, salsa roja, sour cream..... **\$13.00**  
Chicken tortilla soup, shredded chicken, corn tortilla, avocado, onion, tomatoes, chipotle, chili, oregano, cilantro..... **\$10.00**

#### AUTÉNTICOS

Chicken mango mole poblano, roasted chicken, supreme with mango, mole sauce, toasted sesame seeds, Mexican rice and sauté baby corn..... **\$29.00**

### and much more...

Prices are in US\$, excluding 15% service charge as well as sales/health tax.

### Dining Information

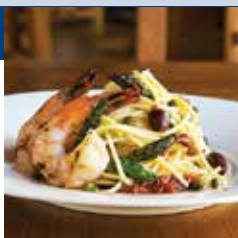
#### HOURS

Dinner daily except Mondays, 6pm-10:30pm

#### RESERVATIONS

Please call the Hyatt Regency +297-586-1234 Ext 36  
or email [adventure.concierge@hyatt.com](mailto:adventure.concierge@hyatt.com)  
[www.aruba.hyatt.com](http://www.aruba.hyatt.com)

**Inquire about your gift!**



## FOOTPRINTS BEACH GRILL



Celebrate another perfect day in paradise with an unforgettable dinner at Footprints. This exclusive restaurant—only a limited number tables are available each evening—offers fine dining while you wiggle your toes in the soft white sand. Enjoy the sounds of the sea as the attentive staff serves a delicious 4-course dinner, featuring their renowned grilled entrees with your choice of beef, fish, fresh seafood and more. Finish a delightful evening with a tempting dessert and your favorite cocktail or wine from the hotel's extensive selection.

### Start your meal off with...

#### First Steps

**CORN CRAB CHOWDER**  
Italian bread bowl, filled with a richly creamed corn soup, and wild caught crab..... **\$16.00**

**CLASSIC MUSSELS & HERBS**  
Simmered in dry white wine, shallots, garlic, sea salt, butter, herbs, served with garlic bread..... **\$14.00**

#### CHORIZO AND CASSAVA

Pork sausage, fried cassava, served with chipotle mayonnaise and spicy tomato cilantro sauce..... **\$13.00**

#### Entrees

**GRILLED MAHI MAHI FILLET**  
Stir-fried vegetables, with rice pasta, in teriyaki sauce..... **\$38.00**

**GRILLED T-BONE STEAK (16 OZ.)**  
Roasted garlic mashed potato, sautéed mushroom and onion, with green peppercorn sauce..... **\$52.00**

**ORGANIC CHICKEN STUFFED WITH GUAVA AND WHITE PAISA CHEESE**  
Served with sautéed red bliss potato, onion, broccoli, and creamy mint sauce..... **\$35.00**

**ROASTED LOBSTER (9 OZ)**  
Classic buttery mashed potato, creamed spinach, served with lemon infused drawn butter..... **\$51.00**

**SAUTÉED GARLIC SHRIMP**  
Chili pepper flakes, fresh herbs, with white rice, stuffed tomato, and creamy caper buttersauce..... **\$43.00**

#### Desserts

**PASSION FRUIT MOUSSE**..... **\$9.00**

**ARUBAN COCONUT CREAM CAKE**..... **\$10.00**

**TRES LECHES**..... **\$12.00**

### and much more...

Prices are in US\$, excluding 15% service charge as well as sales/health tax.

### Dining Information

#### HOURS

6:30pm – 9:00pm. Open daily except for Tuesday

#### RESERVATIONS

Please reserve at 011.297.586 – 1234 ext. 37  
or email [adventure.concierge@hyatt.com](mailto:adventure.concierge@hyatt.com)  
[www.aruba.hyatt.com](http://www.aruba.hyatt.com)

**Inquire about your gift!**





## PALMS RESTAURANT

# Palms



Feel the warmth at our premier beach front location. Palms offers both the sights and tastes of the Caribbean. Drawing upon local cuisine and regional ingredients, the menu allows guests to linger long into the night over a variety of delicious dishes. Indoor and outdoor seating, as well as adjacent lounge for before and after cocktails.

### Start your meal off with...

#### PALMS HOUSE SALAD

Creole potato, mixed greens, cherry tomatoes, Kalamata olive, tossed with ranch dressing  
Add grilled chicken \$18.00, salmon \$20.00, shrimp \$21.00..... \$12.00

#### ORIGINAL COBB SALAD

Grilled chicken, smoked bacon, egg, avocado, blue cheese and tomatoes, lemon-Dijon dressing Platter with three shrimps, crab claws, green mussels, cocktail and calypso sauces..... \$18.00

#### TRIO SEAFOOD

Platter with three shrimp, crab claws, green mussels, cocktail and calypso sauces..... \$20.00

#### PORK SLIDERS

Dinner bread rolls, red cabbage, slow roasted pulled pork, with apple papaya chutney..... \$16.00

#### GOURMET BURGERS

MEYER NATURAL GRASS-FED ANGUS BURGER  
Premium beef, cheddar cheese, tomato, crisp lettuce, red onion, cilantro mayo with French fries..... \$16.00

#### PALMS LOBSTER AND SHRIMP BURGER

Palms coleslaw, cilantro, chipotle mayo, served with seasoned wedge fries..... \$20.00

### Main Attractions

#### LOCAL ARUBA TEMPTATIONS

Fried funchi, aruban chicken saté, pastechi of the day, bacalao, carni stoba or bbq chicken basket

#### LOBSTER ALFREDO

Half cut broiled lobster (5-oz), with Alfredo sauce, roasted garlic mashed potato au gratin and fresh broccoli..... \$44.00

#### MEDALLIONS OF BEEF TENDERLOIN

Two 4-oz grilled medallions, baked potato served with butter and sour cream, sautéed vegetables, and shallot demi-glace sauce..... \$42.00

### and much more...

Prices are in US\$, excluding 15% service charge as well as sales/health tax.

### Dining Information

**HOURS:** Open for lunch daily, 11:30 – 5:30 p.m.  
Open for Sunday breakfast, 7:00 – 11:30 a.m.  
Open for dinner daily except Wednesday, 5:30 p.m. – 11:00 p.m.  
Late night menu 11:00 p.m. – 12 midnight

#### RESERVATIONS

Please call the Hyatt Regency +297-586-1234 Ext 37  
www.aruba.hyatt.com

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## RUINAS DEL MAR

# RUINAS <sup>del</sup> MAR



Ruins by the Sea, is Hyatt Regency Aruba's signature restaurant offering contemporary cuisine in an open air environment. Guests are invited to enjoy menu items such as fresh seafood and steaks, hearth oven specialties, and a display of multiple food stations offering breakfast, Sunday Brunch, and special events. The design of Ruinas del Mal pays homage to several original Aruban architectural elements including caliche stone and the use of water in design

### Start your meal off with...

#### DUO LOBSTER CRAB CAKE

Served with remoulade sauce..... \$16.00

#### SCALLOPS "A LA PLANCHA"

Fresh ginger, coriander, papaya, coconut milk, chili, cilantro, red onions and lime..... \$16.00

#### BAKED BRIE

Local honey, cranberry compote, candy pecan, whole grain crackers ..... \$14.00

#### LOCAL PUMPKIN SOUP

Fresh cilantro, coconut milk and pumpkin seeds..... \$9.00

#### PEARS, CAPICOLA & PARMESAN

Wine pears, asparagus, artichoke and copa ham..... \$16.00

### Main Attractions

#### CIGAR BOX CEDAR SALMON FILET

Shrimp and spinach risotto, roasted garlic oil..... \$38.00

#### SEARED GROUPER FILET

Roasted almonds, beans, broccoli, carrots, fennel salad, tomato confit and potatoes..... \$36.00

#### CLASSIC DUO

Grilled filet, cabernet sauce with Fresh caribbean lobster tail & garlic broccoli, dushi mashed potatoes and Café de Paris butter ..... \$52.00

#### KANSAS RIB EYE STEAK

Fresh mushroom, seasoned vegetables, mashed potatoes and demi-glace..... \$45.00

#### GRILLED BEEF TENDERLOIN FILET

Red bliss potato, holland potato, papa creole and harvest mushroom with peppercorn sauce..... \$42.00

#### SEAFOOD LINGUINI

Shrimp, scallops, mussels, clams, fresh parsley, basil in original alfredo or marinara sauce, lobster 6-0z..... \$48.00

#### ROASTED LAMB CHOP

Pumpkin and goat cheese risotto, asparagus, drizzle of amaretto served with mint sauce..... \$40.00

### and much more...

Prices are in us\$, excluding 15% service charge as well as sales/health tax. Kids menu available

### Dining Information

#### HOURS

Open for breakfast daily except Sundays, 7:00 – 12noon.  
Open for dinner daily except Sunday, 6:00 p.m. - 10:30 p.m.

#### RESERVATIONS

Please call the Hyatt Regency +297-586-1234 Ext 36  
or email [adventure.concierge@hyatt.com](mailto:adventure.concierge@hyatt.com)  
www.aruba.hyatt.com

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# Menu Temptations

## IKE'S BISTRO



Enjoy a modern twist on Mediterranean cuisine, Caribbean style, with Aruba's most talented, young chef Ever De Pena, paying homage to the late resort founder, award winning hotelier Ike Cohen. With seating on the garden terrace or around the tropical pool, the restaurant overlooks the beach and the Caribbean ocean. Ike's Bistro experience is enchanting and all menu items are extremely enticing. Undecided guests may opt for the tasting menu of 4 or 5 smaller portions of the chef's seasonal specialties.

### Start your meal off with...

#### CAPRESE AND PESTO

Buffalo mozzarella, cherry tomato, sweet tomato basil relish and home-made pesto espuma

#### OCTOPUS A LA GRIGLIA

Grilled Octopus from Italy, red quinoa, orange wedge, cherry tomatoes, fresh herbs and squid-ink aioli

#### GREEN GAZPACHO

Cucumber & honeydew melon gazpacho, basil, organic sea salt, olive oil and herb croutons

#### SCALLOPS AND COCONUT FOAM

Pan-fried herb crusted scallops, avocado puree, red pepper cilantro salsa and coconut foam

### Main Attractions

#### SHRIMP A LA BRAVA

Slightly spicy shrimp, boiled potatoes, fresh basil, creamy spicy sauce, grilled pita bread

#### SEA BASS

Pan-seared Chilean sea bass with sautéed spinach, quinoa, cauliflower and coconut saffron sauce

#### LAMB

Crusted lamb chops, couscous, mint, green beans, corn and creamy pesto sauce

#### LAND & SEA

Grilled filet of beef & sautéed shrimp with garlic mashed potato, creamy spinach and lobster sauce

### Desserts

#### ORANGE CATALANA

Vanilla custard flavored with orange zest topped with a thinly crisp caramel layer

#### PASSION FRUIT PARFAIT AND BERRIES

Passion fruit parfait, wild berries, lime sauce and coconut ice cream

### and much more...

*All prices are in U.S. Dollars. A 15% service charge will be added to your check.*

### Dining Information

#### HOURS

Dinner: 5:30 p.m. to 10:30 p.m.

#### RESERVATIONS

Tel: +297 582-3444 ext. 203

Email: [ikesbistro@manchebo.com](mailto:ikesbistro@manchebo.com)

[www.manchebo.com](http://www.manchebo.com)



## TEXAS DE BRAZIL



Texas de Brazil is an authentic Brazilian-American style steakhouse, the ultimate in continuous dining concepts. Diners are tempted by an extravagant 40-item seasonal salad area



of roasted vegetables, imported cheeses and home-made soups. Hailed for its "flawless meats" by the Dallas Morning News, carvers will then swarm your table with choice cuts of sizzling beef, pork, lamb, sausage and chicken; all flamegrilled to perfection and served tableside on large sword-like skewers. Signature Brazilian cocktails, rare wines, exquisite desserts, and hand-rolled Cuban cigars make for the most incredible dining experience that is uniquely Texas de Brazil.

### Start your meal off with...

#### SALAD BAR

The exceptional salad bar consists of the freshest salads, home-made dressings, buffalo mozzarella, zucchini, potato salad, crab salad, daily cold pasta, black beans with pork, baby corn, cucumbers, portabella mushrooms, sweet bell peppers, green beans, broccoli, olives, hearts of palm, sushi, ceviche, salami, tomatoes, smoked bacon, brown rice, imported cheeses, daily house soups and more.

### Main Attractions

#### MEATS

Filet mignon, filet mignon wrapped in bacon, top sirloin, leg of lamb, Brazilian sausage, Parmesan pork, chicken breast wrapped in bacon, Brazilian picanha, garlic picanha (our house specialty), flank steak, crispy chicken drum sticks, pork loin, pork ribs and beef ribs.

#### SIDE ITEMS

Garlic mashed potatoes, fried sweet bananas, Brazilian cheese bread and house specialty meat sauces.

### Desserts

Selection of desserts ranging from delicious cakes to papaya cream, our house specialty!

### and much more...

*All prices are in U.S. dollars. 15% service charge plus 1.5% local tax will be added to each check. Prices and menu items are subject to change without notice.*

### Dining Information

#### HOURS

Dinner from 6:00 p.m. to 11:00 p.m. nightly Monday to Saturday  
Sunday 5:00 p.m. to 11:00 p.m.

#### RESERVATIONS

Juan E. Iruasquin Blvd. 382. Palm Beach

Telephone: +297-586-4686

[www.texasdebrasil.com](http://www.texasdebrasil.com)





# cOndominium

eagle beach

*the perfect beach is Only the beginning...*

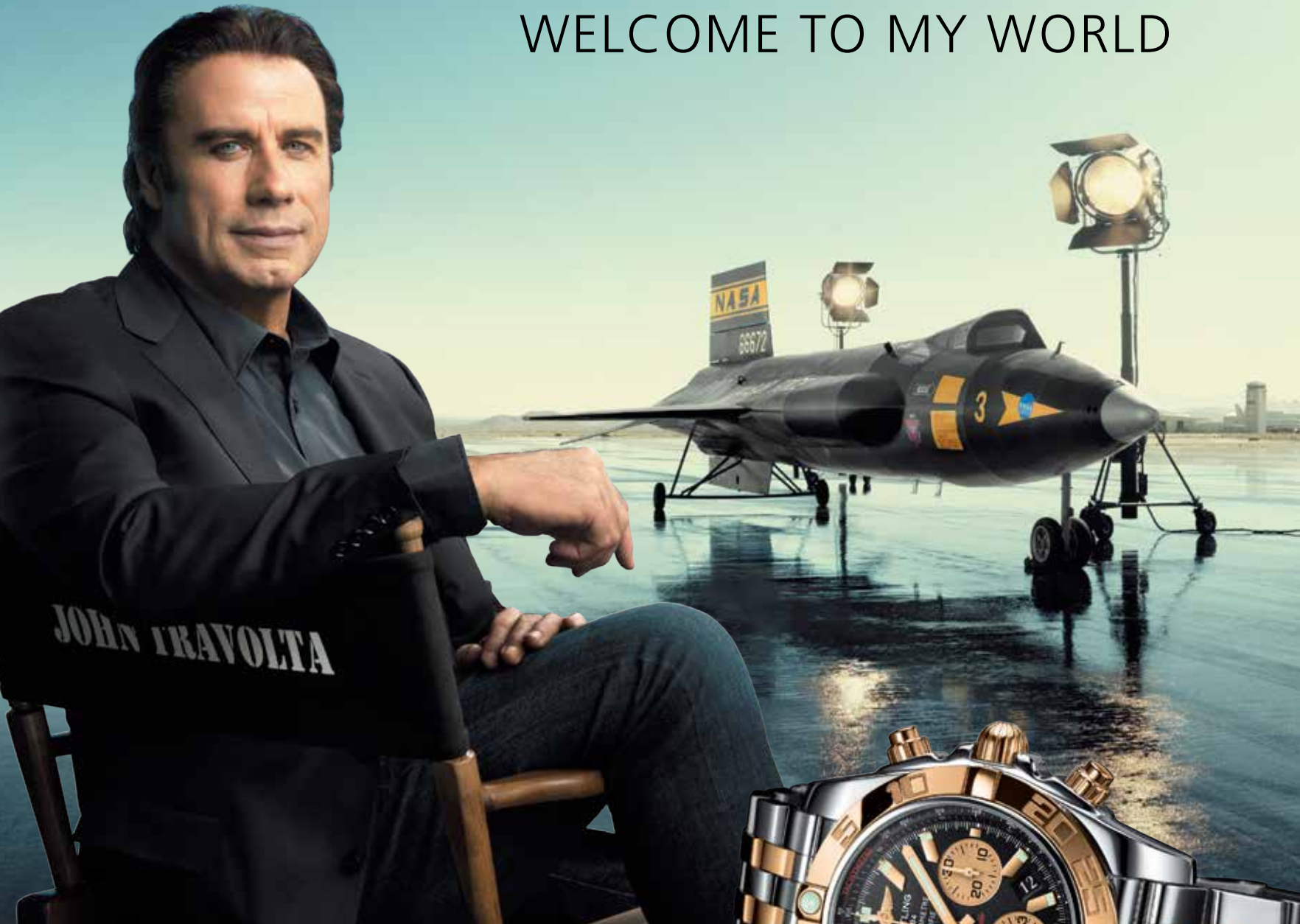
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Toll Free from the U.S. 1-866-978-5770 or visit our sales office located at eagle beach.

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